

## Reflections on the Spiritual Underpinnings of The Healing Codes

by Diane Eble, editor of [The Healing Code](#)

*When I first heard of [The Healing Codes](#), I was intrigued, particularly because it seemed to make sense logically and even scientifically.*

*However, it was also important for me to know where Dr. Loyd was coming from, philosophically and spiritually. So much of what is out there concerning unconventional healing modalities is aligned with spiritual worldviews that are not compatible with my own personal views, which are based on the Bible.*

*In fact, it was in pursuing such questions that I got to know Alex Loyd personally, and ended up working on [The Healing Code](#) book. He was totally open to explaining his own viewpoints and the spiritual perspectives that undergird [The Healing Codes](#).*

*What follows is based on an interview with Dr. Alex Loyd and the subsequent document, “[Spiritual Underpinnings of The Healing Codes](#),” plus some of my own reflections and additions based on my own study of Scripture.*

The book, *The Healing Code*, does explain some of the authors’ philosophy and where they’re coming from spiritually, but I talked to Dr. Loyd and thought you would appreciate a more in-depth perspective from him, along with some thoughts of my own as I too have searched the Scriptures and prayed about how to view this new healing modality Dr. Loyd discovered in 2001.

Let us say from the outset that we are not trying to push this spiritual viewpoint on anyone. Our intent over all else is never to judge anyone, but to love.

Dr. Loyd is often asked various questions from people of different spiritual persuasions what his beliefs are, and so here we want to address that question. You may or may not agree with our stance. You will, however, know what it is.

The authors, Dr. Alex Loyd and Dr. Ben Johnson, call themselves followers of Jesus, as do I. Since we believe the Bible reveals Truth, we turn there for perspective, as the lens through which we are to judge other ideas.

When Alex Loyd discovered [The Healing Codes](#) in 2001 and began to realize it was something bigger than just some cool thing that healed his wife’s depression, he says he had to hit the “pause” button to make sure this was something that God was truly behind.

For him that meant taking time to pray, to search the Scriptures, and to consult with other believers he respected, such as his spiritual mentor and his pastor.

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In doing those things, he came to the conviction that this new healing mode was definitely in line with biblical teaching. As I have also searched the scriptures for almost two years, I have come to the same conclusion.

Before we get into the scriptures that I believe form the basis for practicing The Healing Codes without reservation, let me emphasize first that this is a healing mode that applies quantum physics to healing. It is not a drug that deals with issues at a molecular level, but an approach that addresses issues at the level of energy.

### A Matter of Energy

It was back in 1925 that Albert Einstein showed the world that  $e=mc^2$ , and while most of us accept that Einstein was right, few of us realize what it means (apart from the atom bomb). Yet quantum mechanics is a valid science that shapes our lives in numerous ways. According to [Wikipedia](#). “Quantum mechanics has had enormous success in explaining many of the features of our world. The individual behaviour of the subatomic particles that make up all forms of [matter](#)—[electrons](#), [protons](#), [neutrons](#), [photons](#) and others—can often only be satisfactorily described using quantum mechanics.

“Much of modern [technology](#) operates at a scale where quantum effects are significant. Examples include the [laser](#), the [transistor](#) (and thus the [microchip](#)), the [electron microscope](#), and [magnetic resonance imaging](#). The study of semiconductors led to the invention of the [diode](#) and the [transistor](#), which are indispensable for modern [electronics](#). [Quantum tunneling](#) is vital in many devices, even in the simple [light switch](#), as otherwise the electrons in the [electric current](#) could not penetrate the potential barrier made up of a layer of oxide. [Flash memory](#) chips found in [USB drives](#) use quantum tunneling to erase their memory cells.”

The Healing Codes system applies quantum mechanics to the realm of health—physical and emotional.

I go into all this because it is important to realize that The Healing Codes system is based on the way God created the world. In Genesis 1, it says God created all that is. He created energy. He set in motion the laws of physics, including quantum physics, the way DNA codes our cells, the way the planets move in their orbits—everything. And God made it all *very good* (Genesis 1:31).

Energy is the basis of The Healing Codes, and energy, as something God created, is in itself good. (Some people believe that energy itself is God. We reject that. God made energy, and is apart from and over above his creation.)

### What about Mysticism?

So if we believe energy exists, and that it is good, the next question is, Is it spiritually okay for me to use it?

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Genesis 1:28 says that God gave human beings the authority to rule over creation. God has given us the right to use the things he has made—including energy.

Of course, anything in creation can be used by human beings for good and bad ends. Anything, including energy, can be used to destroy (as the atom bomb proves) or to heal. The Healing Codes use energy to heal.

One of the issues for some people is that a lot of “energy healing” is associated with a philosophy more compatible with Eastern mysticism than anything else.

We do not believe there is a necessary correlation between a quantum physics-based healing approach and Eastern mysticism. Nor do quantum physicists. According to [Wikipedia](#), “The leading writers in the field [of quantum philosophy] were not ‘crank’ New Age authors but highly experienced physicists such as Fritjof Capra, [David Bohm](#), [John Wheeler](#) and [Paul Davies](#). These physicists started to interpret quantum theory from an idealist philosophical perspective, that is to say, the concept that mind produces matter. The physics of consciousness is now a major and respected branch of quantum theory.”

Using energy to heal is based on quantum mechanics, on the way God put together the universe. The fact that some use it and come from different philosophical perspectives does not have to invalidate the use of energy healing itself. As in most things in life, there can be more than one *interpretation* of an observable reality. Eastern mysticism has offered one interpretation of the observations of quantum mechanics. We believe there can be a biblical interpretation as well.

The best biblical example for how to approach this is found in the example of the Corinthian church.

One of the big issues in the Corinthian church was whether it was okay to eat meat that was sacrificed to idols. Some people realized the meat was just meat, because idols were not real. Others believed that it would be wrong to eat meat that was sacrificed to an idol, because it’s somehow participating in idol worship, or at the least giving the impression that you don’t have a problem with that belief system. (Akin to saying that if you use energy medicine that is also used by those who hold a different belief system, you must subscribe to that belief system.)

How did the Apostle Paul address this issue? His answer is brilliant in its simplicity and shows the loving nature of God. He did not play into the anger or fear of the Corinthians, but addressed the real issue. And he did it in truth and love.

In 1 Corinthians 8, Paul says, in effect, “Remember first who God is: the one who made everything in heaven and earth. You know that, and you’re living for him. You believe in the one Father and the one Lord, Jesus Christ, through whom God made everything and through whom we have been given life.” So he reminds them what they believe, and that they know the truth.

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Then he tells them, basically, that meat is just meat. It was created by God, and it is in itself good for food. When used for a God-given purpose (to nourish the body), there is absolutely nothing wrong with it, even though it has been sacrificed to idols, because when the Christian who knows the truth about God eats it, he's using it as God intended, for nourishment. The additional "baggage" of false worship does not apply to the Christian who knows it's just meat, and that idols are not real.

The only reason you might not be free to eat it, Paul says, is if it might make someone else stumble in their faith. Everything should be done out of love. But other than that caveat, Paul says the meat is just *meat*. It's not been made evil in itself because it was used in pagan worship. He makes a clear separation between the meat, and the meaning attached to it by those who used it in the worship of idols.

In a similar way, if we use energy, which God has created, to heal, based on the science of quantum physics (which is the study of how God set things up to work in the universe), that is perfectly biblical. When we use what God has made for a godly purpose, then we sanctify it.

In fact, in 1 Timothy 4, Paul again addresses the issue of some people teaching that it is wrong to eat certain foods. "They will say it is wrong to be married and wrong to eat certain foods. But God created those foods to be eaten with thanksgiving by people who know and believe the truth. Since everything God created is good, we should not reject any of it. We may receive it gladly, with thankful hearts. For we know it is made holy by the word of God and prayer" (1 Timothy 4:3-5, NLT).

What a sad thing to avoid something God intends to bless us, because of our own fear. If we say we cannot use energy medicine to heal because those who hold other views of God use it, isn't that buying into the lie they believe, and depriving ourselves of a blessing? Remember, Jesus said the thief (Satan) has one purpose: to steal and kill and destroy. Jesus, on the other hand, came to give us a rich and satisfying life, an abundant life. (John 10:10)

In fact, in 1 Timothy 4, Paul goes on to say, "If you explain this to the brothers and sisters, you will be doing your duty as a worthy servant of Christ Jesus, one who is fed by the message of faith and the true teaching you have followed" (1 Timothy 4:6). It is our duty to speak the truth about God and his intention toward us.

Is healing the issues of the heart God's intention? The whole Bible says yes. Satan, however, desires to steal our peace and destroy our health and relationships.

Jesus also says one way to discern what is of God is to look at the fruit. Testimonials of healing of all kinds can be found at [www.healingheartissuesinfo.com](http://www.healingheartissuesinfo.com) and in *The Healing Code*. This includes spiritual healing. Many people, believers or not, have "heart issues" concerning false views of God and bad religious experiences. As these are healed, they are open to the truth about God and are able to experience him in new ways. (As

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mentioned, it took me 10 years to get over some of the false views of God from my own religious upbringing.)

We all come to the true God with distortions of who he really is. The Healing Codes allow God to correct those distortions, and I believe this is part of the healing process and what makes The Healing Codes so powerful.

### The Bible's View of Physical Things

Unlike some other religions and philosophies, the biblical view of physical things and the body is that it was created good. It is not something to be denied or escaped; it is not “lower” than our spiritual nature. We are three-part beings, body, soul (mind, will, emotions) and spirit (or heart—the inner core of a person, which is eternal). The body is good, it's just not eternal like our spirits are.

God created everything, but creation is not God. God is over and above and outside of what he created. The Bible does not support pantheism.

Yet the physical world is the vehicle by which we effect spiritual things in the earthly realm.

Jesus taught that we should pray for God's kingdom to come, on earth as it is in heaven. We are to use earthly means to create eternal results.

For instance, when you first take care of a person's physical needs, whether for shelter, clean water, or food, they are more receptive to hearing how their spiritual needs may be met.

When a person's pressing physical or emotional needs are met, they are then more likely to be open to spiritual needs being met.

Finally, Jesus' incarnation—God becoming human, and human even in heaven—forever blesses the physical world. He entered space and time and lived a physical life, and now the physical forever has a part in the Godhead.

Why should it be surprising that God may use physical means to bring healing? That is part of the “creation mandate” of Genesis 1. In this world, we must use physical means to create effects.

### Does God Heal Now?

Does God still want to heal people?

Consider that one of the purposes of Jesus' sacrifice on the cross was to bring us healing. “It was our sicknesses he carried, it was our diseases that weighed him down. ... He was beaten so we could be made whole. He was whipped so we could be healed” (Isaiah 53:4, 5b). 3 John 2 says, “I hope all is well with you and that you are as healthy in body as you

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are strong in spirit.” Jesus healed many sick people of all kinds of ailments when he was on earth.

In John 5, Jesus asked a lame man at the pool of Bethesda a haunting question, “Would you like to get well?” The man said, “I can’t,” but Jesus told him to do what he thought he could not: “Stand up, pick up your mat, and walk!” He didn’t believe at first, but something about Jesus made him do what he said. Somehow he believed that Jesus wanted to make him well—and he was healed.

Perhaps the only thing standing between you and the healing God wants for you is the faith that in fact, he desires to heal you.

Of course, the “how, what, when and if” he heals we must leave up to God. The Healing Codes open a door to God healing us that we might otherwise leave closed.

Also remember, God’s primary concern is to heal the issues of the heart. What comes as a result will be connected with the heart issues that are healed.

### **The Bible’s Stance on New Ideas**

We find it fascinating that scripture has many examples of people who were faced with something new and balked at using it.

One example that concerns healing specifically is the story of Naaman the leper. In 2 Kings 5, Naaman, commander of the army of King Aram of Syria, was stricken with leprosy. A little girl, a Jew who had been carried off to Syria during a raid on Israel, was the servant of Naaman’s wife. She told her mistress about a prophet in Israel who could cure him.

No doubt desperate for healing, Naaman approached the king and asked for permission to go see this prophet. The king let him go with a letter to the King of Israel.

Naaman brought along all kinds of gifts. But he went first to the king of Israel, who cried out that he wasn’t God and couldn’t cure anyone of leprosy. But Elisha the prophet heard about it, and told King Ahab to send Naaman to him.

So Naaman went to see Elisha, bringing all his gifts. Elisha didn’t even bother to come out to meet him, but sent a message with a simple step: “Go and wash in the Jordan River seven times, and you will be healed.”

This greatly displeased Naaman. Didn’t Elisha know who he was? Didn’t he see all the expensive gifts Naaman had brought? Elisha could at least have come out to speak with Naaman himself!

Naaman was also offended at the advice itself. “I expected him to wave his hand over the leprosy and call on the name of the Lord his God and heal me!” (verse 11). Elisha’s

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*method* made no sense to Naaman. He turned away in anger. Elisha's approach was not what he expected, so he spurned it.

His men tried to persuade him. "If the prophet had told you to do something very difficult, would you not have done it? So you should certainly obey him when he says simply, 'Wash and be cured!'" They had been listening. They heard that Elisha had said he'd be cured. "What have you got to lose? It's such a simple thing to try," they reasoned.

So Naaman gave in, did what the prophet had told him--and was healed.

The Healing Codes may seem strange to you. It is not an approach that many of us are used to grasping. It is based on new ideas that are coming from science, and from a fresh look at Scripture in light of this new science.

It is simple—so simple that it seems "too good to be true." Yet thousands of people from all over the world, with all kinds of issues, have tried it and found it works.

Proverbs 18:15 says, "An intelligent heart acquires knowledge, and the ear of the wise seeks knowledge." The NLT renders it, "Intelligent people are always open to new ideas. In fact, they look for them."

In Acts 17: 11, Luke says, "the people of Berea were more open-minded than those in Thessalonica, and they listened eagerly to Paul's message. They searched the Scriptures day after day to see if Paul and Silas were teaching the truth." As a result, many believed.

The Bereans set a pattern for all Christians. Check out The Healing Codes with an open mind and search the Scriptures to see if this is in accordance with the truth. This is what I had to do before I could take The Healing Codes to the world, and this is what I invite you to do.

### **The One Danger of The Healing Codes**

There is one danger of using The Healing Codes for a Christian believer.

It's possible to rely on the technique rather than the God who works through the technique.

This is a danger that is not unique to use of The Healing Codes, however. Any good thing can be relied on instead of God, even religious activity. In fact, most of the New Testament epistles were written because Christians so easily began to rely on outward things to obtain what only God could give (circumcision, rituals, following certain leaders, etc.).

You can overdo or use wrongly any good thing, and then it becomes a hindrance. You can exercise too much and depend on that to keep you healthy, rather than God. You can also rely on doctors or medication to heal you instead of God.

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As always, it comes down to where your heart is. It is in trusting in God ultimately, and using the means he provides (including wise health habits, medicine where appropriate, and The Healing Codes), that you allow God to work in the way he desires.

### What a Healing Code Cannot Do

It's important for me to note a couple of things here.

First, the one who heals is God. The Healing Codes provide one possible avenue of healing. I always suggest praying first, for God might choose to heal directly, without any natural means such as medicine or The Healing Codes.

Second, all The Healing Codes do is address the “issues of the heart” that Solomon said in Proverbs 4:23 are the source of all issues in life. It does that primarily by helping you locate the lies you believe and replacing them with truth. What did Satan do in the Garden in Eden with Eve? He got her to believe a lie and distrust God. That is the heart of all of our sin, right there. The Healing Codes help you address the lies lurking in your heart, and replace them with truth.

One of the themes throughout the Bible is that all of our issues are matters of the heart. It's the heart that receives or rejects God's truth. Three times in Ezekiel God says he will give his people a new heart, one that is responsive to him. Jesus said it's what comes out of the heart that defiles us, not what goes into the body (Matthew 15). God's supreme concern is for the heart! “Guard your heart above all else, for from it flow the issues of life,” Solomon said (Proverbs 4:23).

The Healing Codes also help you address hidden fears. In dozens of places in the Bible we are told not to be afraid of things that should not cause us fear (Jeremiah 1:8, Joshua 1:9, Luke 1:13, 2 Kings 1:15—and the list goes on and on.). God does not want fear to rule our lives. He wants us to trust him.

Science now catches up with the Bible and confirms that fear and falsehood are what send out the stress signals, the negative frequencies, that broadcast danger to our cells and cause them to shut down. All the research agrees: at least 95% of our issues arise from stress.

The Healing Codes are like a gardening tool you can use to clear away the rocks of unhealthy beliefs and the weeds of fear so that the seed of truth can take root. As in the parable of the sower (which some say is really about the soils), it's so important what kind of soil the seed falls into. The Healing Codes prepare the soil. They are not the seed itself. God's truth is the seed, and the seed alone carries the life. The hoe does not have life. It's just a tool.

So use this tool as you would use exercise or vitamins to get and stay healthy. It's a new tool, yes, and takes some getting used to for some of us. (Not unlike the computer and cell phones that are based on quantum mechanics?)

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This healing tool works amazingly well, but it will never heal completely in this life. The Healing Codes will not make you live forever. Only God can do that. You can use The Healing Codes to “till the soil,” and we hope you do. They will work for this purpose for anyone, regardless of beliefs, just as anyone can use a hoe to dig up weeds. No matter what they believe or look like, no matter what their background is, if they use the hoe in the proper way, they can remove the weeds.

Which takes us right back to the Garden of Eden, where the first work Adam was given was to “tend and guard and keep” the garden. He was to both cultivate (develop) it and guard it. In Matthew 13, Jesus says the heart is soil—yet another garden image. The issue is what kind of soil the seed of God’s truth will fall upon.

We hope you will use The Healing Code from the book to prepare the soil of your heart to receive all God has for you.

*If you would like to find out more about Dr. Alex Loyd and/or The Healing Codes, we invite you to visit the website at [www.healingheartissuesinfo.com](http://www.healingheartissuesinfo.com). In particular, you might want to tune into the weekly Cutting Edge teleseminars on Wednesdays, or download the recordings from the archives.*